



MNSHAPE Monthly LOON LINES

March 2022
Spotlighting Physical Education



MINNESOTA SOCIETY OF HEALTH AND PHYSICAL EDUCATORS

MNSHAPE

Empowering Learners to Think on the Move

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Message from the Executive Director

Megan McCollom

Happy Spring fellow educators!

I wanted to introduce myself since this is our first Loon Lines to come out since our fall conference. Immediately following our conference, I was hired as the MNSHAPE Executive Director. I joined MNSHAPE as a member in 2010; in the fall of 2011, I joined the MNSHAPE Board of Directors as the Future Professional Vice President. After I graduated from St. Cloud State University in 2013 with my bachelors degrees, I became the Physical Education Vice President. I then ran for MNSHAPE President Elect in November 2015; I served as President Elect for two years, President for one year, and Past President for one year. When I became the immediate Past President, I also took on the role as Webmaster and have served in that role ever since. I received my Masters of Science in Educational Technology from Minnesota State University Mankato in the summer of 2017. In November 2019, I was hired as the SHAPE America Central District Director and in April 2019 I joined the SHAPE America Emerging Leaders Innovation Team. I have served on several committees at the state and national level throughout my years of involvement with MNSHAPE and SHAPE America. I am in my 9th year of teaching and my 8th year teaching in Robbinsdale Area Schools.



We have made a few updates and changes as a Board of Directors since our fall conference. First, we updated our logo and our vision statement; we wanted to represent our members and the people we serve with more inclusivity. Our new vision statement is “Empowering Learners to Think on the Move” because as teachers, we want to empower our students and help them learn in a more student-centered environment. We also realize that not all of our students are moving on their feet, our students have various ways to move their body for enjoyment, improvement, and maintenance of their health. Another update that we have made is the addition of a new MNSHAPE award. We now have a MNSHAPE Young Professional of the Year Award. If you would like to nominate someone for one of our awards, please [complete the form](#) by **May 1, 2022**.

Message From the President Moving Forward Together

Derek Picha



President's Message

Greetings health & physical education community,

As we enter the home-stretch to the conclusion of yet another unprecedented school year, I hope this message finds you healthy and well. As an organization, we have a goal to provide Minnesota health and physical educators the knowledge, tools, and resources that they need to best serve their students and school communities. That being said, we ask that you please take a few moments to complete a short survey with the intent to help us be more intentional in our recruitment of presenters for our state conference and to help us grow as an organization to better serve Minnesota educators and MNSHAPE members. The survey can be completed [here.](#)

MNSHAPE 2022 State Convention: Moving Forward Together!

As previously announced, the 2022 MNSHAPE State Convention will take place November 7-8, 2022 at Lakeville South High School. We are accepting presentation proposals until June 1. We want YOU to share your knowledge and passion for quality health and physical education with us! The proposal form can be found on the MNSHAPE website and is also linked [here.](#)



Sincerely,
Derek Picha - President of MNSHAPE

Message From the President-Elect

Deb Van Klei

**We need
your voice.**



Join our MNSHAPE Board of Directors

Alright, true confession here. Why has it taken me so long to get involved with MNSHAPE? Consider myself a late bloomer I guess but after 15 years of working in isolation and moving from gym to gym, I was tired and bored with what I was doing. I had considered joining MNSHAPE before but didn't think I had the time or had anything to offer. It wasn't because I didn't want to, but rather why would I? What's in it for me?

I have found that being a part of MNSHAPE has provided me with a network of passionate professionals who I can learn from, share resources with and have fun! I've also been granted opportunities to grow personally and professionally while expanding my network of like minded people that LOVE learning and advocating for our profession!

We need passionate professionals like yourself, to help us keep MNSHAPE great. Please consider serving on the Board of Directors or on one of the committees to keep the good things going. Reach out to any of our [board members](#) if interested. □

MNSHAPE is ready for **YOU** to take the next step and get involved.

Deb Van Klei
MNSHAPE President Elect
deb.vanklei@mnshape.org



Spotlight Article- Physical Education Division

Vice President Annika Culver

Vice President Elect Heather Burd



SHAPE America: New Book Release

Critical Race Studies in Physical Education

By Tara B. Blackshear and Brian Culp

Overview: Racism is a sickness that permeates every aspect of Black life. But if the events of the past few years have taught us anything, it is that America has a hard time talking about issues that create disparity and inequality for Black people.

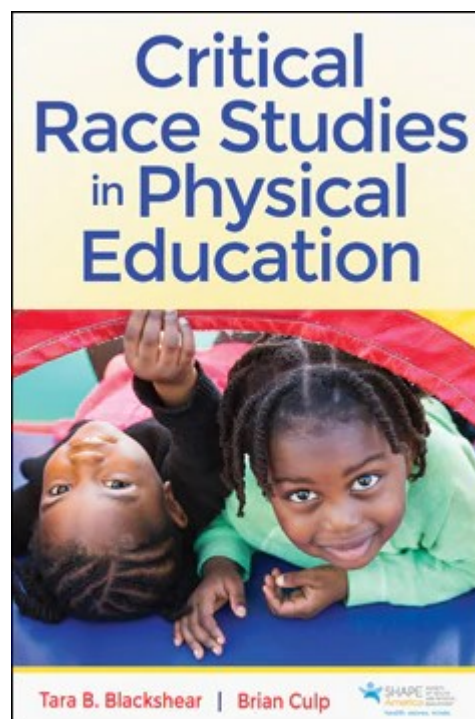
This inequality extends not just into education but also into physical education. Blacks are stereotyped as physically superior and intellectually deficient. They are marginalized in PE just as they are in other aspects of their lives.

Through a series of case studies, *Critical Race Studies in Physical Education* offers deep insights into the issues that Black students face. The text, geared to undergraduate and graduate PETE students and in-service teachers, does the following:

- Provides culturally aware teaching strategies that affirm the worth of Black students
- Amplifies the crucial issues that negatively affect Black students
- Addresses the litany of intentional and covert racist practices directed toward Black youth, thus broadening the book's value beyond the sharing of teaching strategies
- The end goal is to elevate the perspectives of Black youths and teachers and to normalize positive experiences for Black students in physical education.

Critical Race Studies in Physical Education will help teachers of all races adopt the teaching practices that create this supportive, empathetic, and nurturing environment—and, in doing so, validate Black students' self-worth and swing the pendulum back toward a more equitable education in PE.

To purchase, go to: <https://us.humankinetics.com/products/critical-race-studies-in-physical-education?variant=39574437363786>



Standards-Based Activity: Elementary

Focus Area: Fitness Knowledge

2.3.3.2: Describe what it feels like to work one's muscles.

Lesson Focus: Students will be able to identify which muscle group they used during an activity (legs, arms, or abdominal) and describe how their muscles feel.

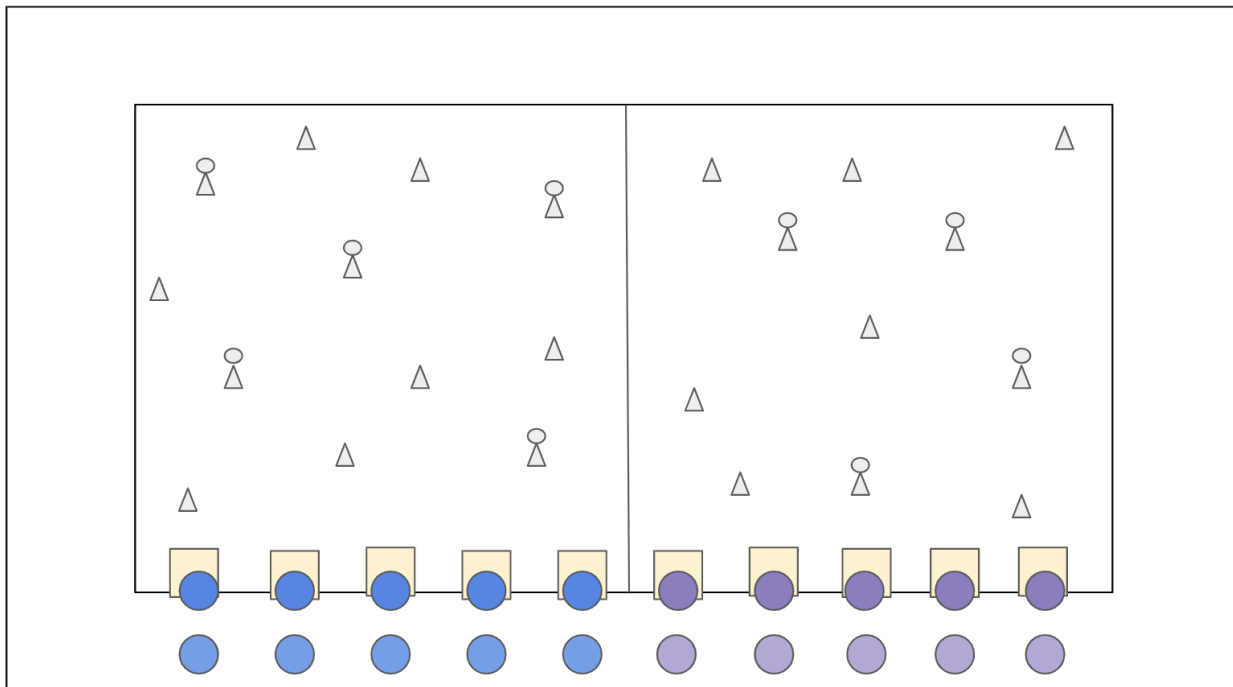
Quick Rules:

In this activity, the students are divided into two teams. The teams are then split into pairs with one scooter per pair. When the teacher says go, the first person in each pair will scooter out to the playing area. The Blue Team's job is to place all of the balls under the cones and the Purple Team's job is to place all of the balls on top of the cones. Each round is 6 minutes long and pairs switch after 3 minutes.

Round 1: Students will ride the scooter by sitting on it and using their feet/legs to move around. The students who are not on the scooter will be doing lower body exercises.

Round 2: Students will ride the scooter by laying on their belly and using their arms to move. The students who are not on the scooter will be doing an upper body exercise.

Round 3: Students can pick how they would like to ride the scooter (belly or bottom). The students who are not on the scooter will be doing abdominal exercises.

Set-Up:

20-30 small cones are scattered around the designated playing area

Half of the cones have a small ball placed on top, and the other half have a small ball placed underneath the cones

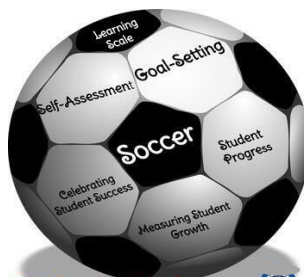
Rubric:

Need a way to teach social and emotional learning while teaching sports?

Use Sport Education as the platform to social and emotional learning in Socio-Cultural Curriculum Model-(SCCM)

This curriculum model is designed by Heather Burd, TOY 2021.

The following is her assessment in her curriculum model for the Soccer Unit.



SCCM Soccer Rubric Example

Concept	4	3	2	1
Teamwork (Standards 4 and 5)	-Follows all game rules -Motivates others to work -Helps others improve	-Follows rules almost always -Violations of rules are unintentional -Works toward team goal	-Chooses to argue with others -Follows rules often - Rarely off task -Works with others often	-Avoids others -Blames others for mistakes Argues with others -Chooses to stay off task
PEAR Score (daily score of participation, effort, attitude and respect /standard 4)	-Participates, shows effort, attitude is of a learner, and respects class, classroom, and teacher 90 percent of unit days -Completes all class procedures -Shows concern for class and self at all times -Constant effort to complete task -Always on task	-Participates, shows effort, attitude is of a learner, and respects class, classroom, and teacher 80 percent of unit days -Shows concern for procedures -Shows concern for self and class -Desire to complete task -Often on task	-Participates, shows effort, attitude is of a learner, and respects class, classroom, and teacher 70 percent of unit days -Shows concern for self and others -Shows desire to complete task -Barely stays on task	-Participates, shows effort, attitude is of a learner, and respects class, classroom, and teacher 60 percent of unit days -Has difficulty staying on task and showing concern for activities and classmates along with instructor
Movement Skills (GLO's/Standards 1 and 2)	-Performs dribbling of soccer ball, passing to teammates, trapping and kicking skills with control and ease. -Can execute each skill in combination, applying fine motor, manipulative, and gross locomotor skills to apply in soccer game.	-Performs skills with occasional errors in both dribbling, passing to teammates, trapping and kicking skills mostly with control. -Can mostly execute all skills in combination, applying fine motor, manipulative and gross motor skills to apply in a soccer game.	-Sometimes performs skills with some success in both dribbling, passing to teammates, trapping and kicking skills. - Can sometimes execute skills in combination, applying fine motor, manipulative, and gross motor skills to apply in a soccer game.	- Infrequently perform skills with some success in both dribbling, passing to teammates, trapping and kicking skills. - Rarely executes skills in combination, applying fine motor, manipulative, and gross motor skills to apply in a soccer game.
Responsibility (Standard 3 and 4)	-Shows self-management skills at all times while accountable for commitments and duties as a player, ref, and student in the classroom.	-Shows self-management skills most of the time, while accountable for commitments and duties as a player, ref, and student in the classroom	-Shows self-management skills often, with few choice mistakes with redirection, while accountable for commitments and duties as a player, ref, and student in the classroom.	-Has a difficult time showing self-management skills. -Often has to be redirected to commitments and duties during class.
Goal Setting and Accomplishment (Standard 2)	-Able to write down 3 soccer goals (Team or Individual) that are SMART (Specific, Measurable, Achievable and Realistic). -Able to achieve 2 of the 3 goals set for the soccer unit.	-Able to write down 2 soccer goals (Team or Individual) that are SMART -Able to achieve 1 of the 2 goals set for the soccer unit.	-Able to write down 1 soccer goal (Team or Individual) that are SMART -Able to achieve the goal set for the soccer unit.	-Able to write down at least 1 soccer goal (Team or Individual) that is SMART -Able to achieve almost the goals set for the soccer unit.
Communication (Standard 4)	Often relates to communication and interaction, verbal and nonverbal, between people, to accomplish a goal. Socially aware of how to act, and aware of how to manage oneself around communication from others. Often shows encouragement, praise, acceptance of others actions, cooperation with classmates, and can receive feedback to apply corrections as needed.	Often relates to communication and interaction, verbal and nonverbal, between people, to accomplish a goal. Socially aware of how to act, and aware of how to manage oneself around communication from others. Often shows encouragement, praise, acceptance of others actions, cooperation with classmates, and can receive feedback to apply corrections as needed.	Sometimes relates to communication and interaction, verbal and nonverbal, between people, to accomplish a goal. Socially aware of how to act, and aware of how to manage oneself around communication from others. Sometimes shows encouragement, praise, acceptance of others actions, cooperation with classmates, and can receive feedback to apply corrections as needed.	Rarely relates to communication and interaction, verbal and nonverbal, between people, to accomplish a goal. Socially aware of how to act, and aware of how to manage oneself around communication from others. Rarely shows encouragement, praise, acceptance of others actions, cooperation with classmates, and can receive feedback to apply corrections as needed.

Note. With the 6 areas of assessment, and 4 points available, 24 points are available per rubric

Upcoming Events



April 26-30th: 2022 SHAPE America National Convention & Expo

Connect with your fellow health and physical educators at the premier HPE event of the year!

To register, go to <https://convention.shapeamerica.org/Convention/Registration.aspx>

Advanced rates are available now through April 12th.



Monthly professional development from the Minnesota Department of Education in partnership with MNSHAPE and MN DAPE. Professional development will either be pre-recorded videos or live video webinars. Below are the planned dates and session topics.

SNAPSHOTS

A Physical Education Standards Implementation Video Series



Delay in Implementation of the 2018 Academic Standards in Physical Education until the 2023-24 school year.

An Introduction to SNAPSHOTS

- Personalizing the Standards
 - Part 1: The Importance and Role of Standards
 - Part 2: Introducing the 2018 Minnesota Academic Standards in Physical Education
 - Part 3: The Standards One by One

- Academic Language
- Learning Progressions
- Deconstructing the Benchmarks
- Bundling the Benchmarks



Thursday, April 14, 2022 - Beyond Bundling. Writing Performance Outcomes in PE

Thursday, May 12, 2022 - Best Practices in Physical Education Grading

Thursday, June 9, 2022 - Applying Physical Education Standards-Based Grading Assessment and Grading Policies

<https://www.mnshape.org/mde-pe-standards-training-videos>

MNSHAPE**SCHOLARSHIP PROGRAM**

IT COULD BE YOU!!!

MNSHAPE awards three different scholarships throughout the year for students in undergraduate and graduate school. These are: the Ellen Cromwell-Cercle Student Travel Scholarship, Mary Lampe Scholarship, and the Trish Meek Developmental Adapted Physical Education Scholarship. Applications are available at the MNSHAPE website and due at different times throughout the year. We encourage students and professionals alike to apply for the appropriate scholarships.

Ellen Cromwell-Cercle Student Travel Scholarship:

This scholarship is awarded to full-time undergraduate students majoring in the field of health, physical education, recreation, or dance to assist them in traveling to district or national conventions.

****DUE DECEMBER 15 OF EACH YEAR****

Mary Lampe Scholarship:

The Mary Lampe Scholarship is awarded to full time undergraduate and graduate students in good standing with MNSHAPE in their quest to enhance professional/educational development. The establishment of this award was to honor and recognize the outstanding efforts, services and contributions of Mary Lampe, who retired from the Health, Physical Education, and Recreation Department at the University of Minnesota, Minneapolis.

****DUE APRIL 15 OF EACH YEAR****

Trish Meek Developmental Adapted Physical Education Scholarship:

Trish Meek DAPE Scholarship is awarded to full-time undergraduate student(s) pursuing licensure in Developmental Adapted Physical Education (DAPE) This scholarship was established in 1999 in memory of Patricia (Trish) Lee Meek. Trish was a Special Olympics athlete, excelling in swimming. Trish influenced the career of her mother, Dr. Sherry Folsom-Meek. Because of Trish, Sherry has become an expert in the DAPE field and a strong advocate for people with disabilities. Sherry's passion has assisted many students in their pursuit of teaching students with disabilities.

****DUE APRIL 15 OF EACH YEAR****

All of these scholarship applications can be found on the MNSHAPE Website



New award this year: Young Professional of the Year

Honor and recognize great potential for teaching, leadership, and service in health, physical education, dance, aquatics and/or recreation by someone in their first 5 years of teaching. Nominations will be accepted until May 1, 2022.

Are you interested in stepping into a #HPE leadership role in Minnesota?

Submit an interest form to get involved on our board of directors or one of our committees!

Loon Lines	March 2022																		
<p>MNSHAPE</p> <p>MNSHAPE is a school-based professional association that provides professional services and resources for teachers, organizations and individuals to provide quality programs.</p> <p>MNSHAPE is dedicated to improving the skills, knowledge, health and well-being of all Minnesota Students.</p>	<p>Contact information for MNSHAPE Board of Directors is posted on www.mnshape.org</p> <div style="border: 2px solid #4a86e8; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">MNSHAPE Executive Committee</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;">President</td> <td style="width: 30%;">Derek Picha</td> <td style="width: 40%; text-align: right;">derek.picha@mnshape.org</td> </tr> <tr> <td>President Elect</td> <td>Deb Van Klei</td> <td style="text-align: right;">deb.vanklei@mnshape.org</td> </tr> <tr> <td>Past President</td> <td>Tom Roberts</td> <td style="text-align: right;">tom.roberts@mnshape.org</td> </tr> <tr> <td>Treasurer</td> <td>Karen Nash</td> <td style="text-align: right;">karen.nash@mnshape.org</td> </tr> <tr> <td>Secretary</td> <td>Vicki Johnson</td> <td style="text-align: right;">(218) 847-5212 vicki.johnson@mnshape.org</td> </tr> <tr> <td>Executive Director</td> <td>Megan McCollom</td> <td style="text-align: right;">megan.mccollom@mnshape.org</td> </tr> </table> </div> <p>The mission of the MNSHAPE newsletter is to inform health, physical education, recreation, and dance professionals in Minnesota about their professional organization’s activities and the opportunities available for participation. If you have questions, concerns or comments on the contents or layout of this newsletter please email Liz.parr-smestad@MNSHAPE.org</p> <p style="text-align: center;"><u>You can also access this newsletter in PDF format on the web at www.mnshape.org.</u></p>	President	Derek Picha	derek.picha@mnshape.org	President Elect	Deb Van Klei	deb.vanklei@mnshape.org	Past President	Tom Roberts	tom.roberts@mnshape.org	Treasurer	Karen Nash	karen.nash@mnshape.org	Secretary	Vicki Johnson	(218) 847-5212 vicki.johnson@mnshape.org	Executive Director	Megan McCollom	megan.mccollom@mnshape.org
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